

# NICOTINE INHALER 10mg

## WHAT DOES THIS MEDICATION DO?

The nicotine inhaler provides nicotine to help you stop using tobacco by decreasing withdrawal symptoms. The inhaler may be combined with a nicotine patch. Medication is recommended along with behavioral counseling for an even greater chance of staying quit.

## HOW DO I USE IT?

- Set a date when you intend to stop using tobacco (quit date).
- Begin using the inhaler on your quit date.
- To insert a cartridge into the inhaler:
  - Align the markings and pull it apart.
  - Insert one cartridge into the inhaler.
  - Line up the markings and push the two pieces together.
  - Turn the top and bottom pieces so the markings do not line up to lock the inhaler.
  - Now the inhaler is ready to use.
- For best results, **take short puffs continuously for at least 5 minutes**. This allows the nicotine to be absorbed in your mouth and will quickly help reduce withdrawal symptoms. You may also inhale deeply into the back of your throat.
- Do not eat or drink for 15 minutes before and during use. Doing so may prevent the inhaler from working correctly.
- Each cartridge can last 20 minutes. If you use it for 5 minutes each time, a cartridge can be used 4 times.
- **First week: Use at least 6 cartridges per day.**
- Each week: Self-assess and slowly decrease use.
- Goal: Decrease use over 3-4 months or longer if needed. Talk with your healthcare provider about your goals for decreasing use.
- If you slip up and use tobacco, continue using the inhaler and try not to use tobacco.
- Store inhaler and cartridges at room temperature (not to exceed 77°F).

## WHAT ARE THE POSSIBLE SIDE EFFECTS?

- May cause mild irritation of the mouth or the throat.
- Stomach upset can rarely occur.
- Shortness of breath is rare. The risk is higher when you inhale more deeply. If you have asthma or chronic obstructive pulmonary disease (COPD), consult your healthcare provider before using.

